



September - October 2019

Fitness center holiday hours

Labor Day, Monday, September 2

Center 7:00 am - 1:00 pm
FitKids Club™ 9:00 am - Noon
Café closed

FitKids Club™ fall hours*

Monday - Thursday, 8:00 am - 6:00 pm
Friday, 8:00 am - 4:00 pm
Saturday, 8:00 am - 1:00 pm
Sunday, 9:00 am - 1:00 pm

*Effective 9/3/2019

Café fall hours*

Monday - Thursday

7:00 - 9:00 am: On-The-Go Items
9:00 am - 3:00 pm: Full-Service Items
From the Grill
3:00 pm - 7:00 pm: On-The-Go Items

Fridays and Saturdays

7:00 am - 2:00 pm: Full-Service Items
From the Grill

*Effective 9/16/2019



Events

The 5th Annual 2019 NM5K Race To Impact

Sunday, September 22

This event is a chip-timed run and walk, on the grounds of the center and hospital. All participants will receive a customized medal. There will be

pre- and post-race activities, raffles and amazing prizes including gift cards to The Second City® and Starbucks®, access to the Shedd Aquarium, a champagne brunch for four at Deerpath Inn® as well as an Assault AirBike! Raffle tickets will be available for purchase on race day!



For more information or to register, visit lakeforesthfc.com/race-to-impact

Packet pickup in the center lobby

Friday, September 20
8:00 am - 6:00 pm

Saturday, September 21
8:00 am - 1:00 pm

Weight management lecture with endocrinologist Dr. Anthony Pick and registered dietitian/diabetic educator Ryan Sanders

Friday, October 11
6:00 - 7:00 pm

To register, please contact the front desk at 847.535.7060.

Next Parkinson's registration dates

Members: Monday, October 21
Non-Members: Monday, October 28

Open house

Saturday, September 21
8:00 am - Noon

Stop by our Open House event and enjoy group exercise classes, light refreshments as well as complimentary chair massages. Plus, bring a guest on us! Also, we'll have fun crafts and activities just for our FitKids Club™ members. Be sure to purchase raffle tickets during the open house for one of our many great prizes raffled off the day of the race!

Complimentary fitness assessment

We offer a complimentary annual fitness assessment. See the progress you have made throughout the year!

To sign up, please contact Amy Wilson at 847.535.7193 or awilson@nmhfc.com

Tails n' trails fall dog walk

Saturday, September 7
10:00 am

Registration is required.

Tails n' trails costume dog walk

Saturday, October 12
10:00 am

You and your dressed up furry friend are invited for a walk around the center grounds. Registration is required.

Halloween cocktail party

Thursday, October 24
5:30 - 7:00 pm

Participate in the center costume contest and cocktail party conversation. Registration is required.

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Halloween bingo

Thursday, October 31
1:00 - 2:00 pm

Wear your costume, and try your luck at bingo! We'll have a costume contest in addition to bingo. Light refreshments will be served. Registration is required.

Spooktacular group exercise schedule

Thursday, October 31

Details to come!

Staff pumpkin carving contest

Beginning Monday, October 28

Check out our staff's spooky creations, in the lobby, and cast your vote for the best pumpkin!



LES MILLS™ launch weekend

Get ready for the newest release of BODYPUMP™ 111 and BODYCOMBAT™ 81! Join us Saturday, September 14 and Sunday, September 15 for a powerhouse weekend!

SCHEDULE

BODYCOMBAT™ 81

Saturday, 8:00 am

BODYPUMP™ 111

Saturday, 9:00 am

Sunday, 9:10 am

More details to come!



News, Notes and Reminders

Updated café menu: In preparation for the fall season, we are streamlining our offerings – categorizing our menu by date and time. We'll have a full selection of hot and cold dishes including some brand-new choices including specialty salads like a Baja Grain Bowl with toasted cumin tomato broth, brown rice, spicy black beans, corn, cilantro and lime as well as the Al Caprese sandwich made with fresh mozzarella, smoked Gouda, tomato, basil pesto and balsamic onions. Plus, the center is going to offer a variety of preparations, customizations and signature styles for our Full-Service From the Grill fare (e.g., Bourbon Barbecue, weekly specials).

New membership contract: Effective March 2019, we transitioned to a new membership management software. We are asking all members to stop by the Member Services Desk to sign a new membership terms

and conditions contract. This is a requirement for all members. After signing, you will receive a copy of the new contract. Please, feel free to contact the facility at 847.535.7064 with any questions or stop by the Member Services Desk to pick up a paper copy for review. We appreciate your membership with us and hope to continue helping you reach your fitness and health goals!

Update your account information (i.e., billing and mailing address, email, phone number) at the Member Services Desk to stay up to date regarding center promotions and events.

Membership handbook: Stop by the Membership Office to get a copy of the Membership Handbook.

Lost Items: Members are encouraged to secure all personal items in a locker. Please, remember to lock your locker. The center is not responsible for lost items.

Member referral: Refer a member, and receive a \$75 club credit on your house account.

You asked for it – you got it: Televisions for the cardio equipment, treadmills and bikes will be arriving by mid-September.

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Monthly massage specials

September

Enjoy 20% off a 60- or 90-minute massage in September with our newest Massage Therapist, Heide Bain. Contact the front desk to schedule your next appointment.

October

Why not pamper yourself with a post-marathon recovery massage? During October, enjoy 20%* off any 60- or 90-minute massage! Bring in your race bib to receive the discount.

*Offer valid for October marathon participants only (registration or bib required).

Locate the group exercise schedule on our new website

1. Visit lakeforesthfc.com.
2. Choose "Classes" on the top right side of the screen.
3. To get this week's schedule, scroll down to the highlighted expanded columns. All grayed out columns are past dates.
4. For class details, double-click on the cell with the class title, location and time.
5. At the top of the pages, there is an option to "View As." Under the purple bar, choose "List" view to see the group exercise schedule for that day.
6. To look at the sub-schedule, click on "Print Calendar Schedule" above the purple bar at the top of the screen. Then, you will be able to scroll through the current class PDFs to get to the sub-schedule at the bottom of the page.

New group exercise classes

Meditation yoga with Marjorie

Mondays, beginning September 23
1:30 - 2:30 pm

Quiet the mind, and relax the body with some gentle stretching, meditation and guided imagery.

Nia dance class with Hilde

Fridays, beginning September 6
12:30 - 1:30 pm

Nia is a practice that combines dance, martial arts and mindfulness – toning your body in addition to transforming your mind. Enjoy music from around the world while enhancing your coordination.

Beginner Pilates equipment series with Michelle Friedman

Wednesdays, September 4 - October 2
5:30 pm

Increase your strength, flexibility, mobility and balance with our equipped Pilates studio.*

COST \$150 for Members

*Limited to four participants per class. To register, please contact Deb Valenti at dvalenti@nmhfc.com or 847-535-7117.

FitKids Club™ happenings

Fall nature walk

Friday, September 27
9:30 am

We will explore the nature surrounding our center. After our walk, the children will partake in a fall craft project.

Kids Zumba® dance party

Details to come!

Children's Halloween parade

Thursday, October 31

Little ghouls, goblins and princesses will parade through the facility throughout Halloween day for special treats.

Have questions? Please, contact Shari Curry at 847.535.7062.



Halloween painting party

Saturday, October 19
1:00 - 2:30 pm

Your kids (ages 5 and up) will paint a picture of a pumpkin, on canvas, to take home and display! Registration at the FitKids desk required.

COST \$18 for members
\$25 for non-members

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